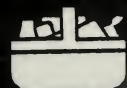


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CONSUMER TIPS > >

(Information from Bureau of Home Economics, USDA)

FOOD VALUE

1. Sour milk has same food values as whole milk, in an easily digestible form.
2. Sour cream has same food values as sweet cream.
3. Cream is higher in fat and Vitamin A than milk - but lower in calcium, other minerals and other vitamins.

USES FOR SOUR MILK

1. Served as curds-and-whey, or clabber - with milk or cream over it, sugar to sweeten.
2. Substituted for sweet milk in making most quickbreads except
(over)

popovers. Examples: pancakes, biscuits, butter cakes, gingerbread.

NOTE: For every cup of sour milk used, add $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon baking soda to recipe: $\frac{1}{4}$ teaspoon if milk is just turning sour, $\frac{1}{2}$ teaspoon if it is very sour.

Soda has four times as much leavening power as baking powder ($\frac{1}{4}$ teaspoon soda equals 1 teaspoon baking powder.) If recipe calls for more leavening than that provided by soda used, difference may be made up with baking powder.

USES FOR SOUR CREAM

1. In gravies.
2. In salad dressing - with sugar, salt, pepper, lemon juice, vinegar. Good on cabbage, cucumbers, or lettuce.
3. Spoonful, whipped, as topping for soups.

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CONSUMERS' COUNSEL DIVISION, U. S. DEPARTMENT OF AGRICULTURE, WASHINGTON, D. C.